



# Stepping On

## Building Confidence and Reducing Falls

### **Stepping On Leader Training November 30 and December 1st**

The Montana Injury Prevention Program will be hosting a two day “Stepping On” Leader Training on November 30th and December 1<sup>st</sup> at Community Medical Center, 2827 Fort Missoula Rd. Missoula, MT 59804, in Conference Rooms I and J. You can enter through the Rehab entrance of the hospital and the conference rooms will be on the left. The training will be from 9am-5pm with lunch provided on both days.

“Stepping On” is a research based and scientifically proven program to reduce falls in older adults. It is a 7 week course in which participants will learn a variety of topics and exercises that will help them gain knowledge, strength and balance to help reduce the risk of falling and sustaining an injury.

Audience: We are seeking potential “Stepping On” leaders from community organization that serve elderly adults. Leaders typically come from physical therapy offices, senior centers, aging agencies, county health departments and hospitals.

Once trained, the stepping on leader will be able to run their own “Stepping On” fall prevention course in their community. The Montana Injury Prevention Program offers mini grant funding for locations to run courses each year (\$1000 mini grant for first course cycle, \$500 for subsequent course cycles).

This is a free training, but we ask that participants be willing to run at least one course (7 weeks) in their community.

Interested people can contact Jeremy Brokaw via email or phone for more information or to reserve a spot for the training. [JBrokaw@mt.gov](mailto:JBrokaw@mt.gov), 406-444-4126.

